

March 8, 2018

## MARCH IS NATIONAL NUTRITION MONTH

Learn about programs to improve health & fitness



### Contact:

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**Martin County, FL –** The Florida Department of Health in Martin County celebrates March as National Nutrition month, which is sponsored by the Academy of Nutrition and Dietetics. This year's theme is: "Go Further with Food". The campaign highlights the importance of making informed food choices, which can save money, time and reduce food waste.

The Academy of Nutrition and Dietetics suggests following these tips to go further with food:

1. Include a variety of healthful foods from all food groups.
2. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
3. Be mindful of portion sizes. Eat and drink the amount that's right for you, as [MyPlate](#) encourages us to do.
4. Continue to use good [food safety](#) practices.
5. Find activities that you enjoy and be physically active most days of the week.

Programs that support health and nutrition are available through the Florida Department of Health in Martin County including the Women, Infants and Children (**WIC**) program, a federally funded nutrition program providing healthy food, breastfeeding support and nutrition education. To find out more, log on to [www.FloridaWIC.org](http://www.FloridaWIC.org) or call 772-221-4000 (option 2).

### Free "Teaching Kitchen" workshops at the Golden Gate Center for Enrichment:

As part of our [Healthiest Weight](#) initiative, the Health Department offers a series of free hands-on wellness workshops that encourage healthy lifestyles including "**Families in the Community Kitchen**" (March 26) which provides families with the support and skills to prepare nutritious meals and "**Golden Bridges to Success**" (March 22), a series of programs for young women 15-20 years old, sponsored by Junior League of Martin County. The workshops are held at the Golden Gate Center for Enrichment in Stuart. For more information and registration: [www.goldengatecentermc.org/golden-gate-calendar](http://www.goldengatecentermc.org/golden-gate-calendar)

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@GoHealthyMartin](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)